

# THE NAUTILUS.

Devoted to the Art and Science of Self-Expression.

Entered at the Holyoke Post Office  
as second class matter.

Build thee more stately mansions, oh, my soul,  
As the swift seasons roll. Leave thy low vaulted past.  
Let each new mansion, nobler than the last,  
Shut thee from heaven with a dome more vast,  
Till thou at length art free; leaving thine out-grown shell  
By life's unresting sea.—Holmes' "The Nautilus."

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HOLYOKE, MASSACHUSETTS.

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## APRIL RAIN.

It isn't raining rain to me,  
It's raining daffodils;  
In every dimpled drop I see  
Wild flowers on the hills.  
The clouds of gray engulf the day  
And overwhelm the town—  
It isn't raining rain to me,  
It's raining roses down.

It isn't raining rain to me,  
But fields of clover bloom,  
Where any buccaneering bee  
May find a bed and room.  
A health unto the happy,  
A fig for him who frets—  
It isn't raining rain to me,  
It's raining violets.

Robert Loveman, in "Harpers."

## MASTER AND MAN.

Yes, "Mind is Master." But will you tell me what good it does Mind to be Master unless he has some good, trained and obedient servants to be master over? The Mind that has only a slovenly, ill-kept, untrained body to carry out its behests might better go off and die. And more than that, such a Mind ought to be ashamed of himself for not *being* Master, and training his servants to the fine art of expressing him.

Mind is master and each individual part of the body is a separate and distinct servant, who needs careful teaching and exercising, as well as special care and dressing and feeding.

And every servant requires plenty of LOVE to fill him with desire and will to do well his work. The Mind who is satisfied to call himself Master, but who is content to spend his time simply meandering around in his own Palace of Theory, whilst his servants are neglected and allowed to do as they individually please, without regard to their relationship to him and their fellow servants, will soon find his whole domain, inside and out, at sixes and sevens. He will literally "go to pieces"—shuffle off this mortal coil.

Do I believe in physical culture? Most assuredly I do. I believe in every kind of self-training under the sun. I believe in every kind of exercise that ever was invented. Not only that, but I believe that you have got to exercise your body, all of it, or die. That is what it was made for—for activity. Any part of it which is under-used will get old and die.

We prate glibly of the fact that death comes because we cease mental activity, mental readjustment. Why don't you know that every inch of your body is just as mental as your "mind" is? You are ONE being, and you might just as well let your "mind" grow old and inactive as to let your legs and arms and chest grow inactive, so far as the effect upon your being is concerned. If you are to "conquer death" you have got to conquer it in legs and arms as well as in "mind."

Right here is a great paradox. In order to live forever one must die daily. Every movement of mind or body causes friction of countless cells. This friction brings death to the baser part of the cell and thus releases the life, the "soul" of it, to augment the life of you as a whole—to augment the "soul" of you. This death of a cell is literally a *screening out* of that cell the less intelligent portion of it, to be thrown out of you as a whole. The highest intelligence of that cell is the "soul" of it, the energy "generated" by the friction applied.

Activity develops higher intelligence of the cell. Activity *releases* the cell from the bondage of yesterday. Activity is the great Destroyer of that which is unable to adjust itself to the con-

ditions of the Present. Without activity there is no death in the body. Without death in the body is no release from the holds that held us yesterday. Without death is no progress.

Imagine the world inhabited to-day by all the people that ever were born into it—imagine that none ever died—and you will get a fair idea of what the body would be like without the daily dying. It would be filled, clogged, with useless, ignorant ones, with no room for growth of anything higher—like a garden full of weeds. For just what goes on in the body goes on also in the Body of the Whole.

Activity kills and inactivity kills. But, dearie, activity kills daily and thus keeps the body clean. Whilst inactivity allows the body to fester and bloat and die together. He who dies daily shall live forevermore.

He who daily exercises all parts of himself, body and "mind," renews himself and raises himself from the plane of Yesterday to the higher plane of To-day.

This mind and body question is the same old "labor problem" that agitates the world as a whole. There must be master and there must be man. There must be a head to any organization. There must be capital and there must be labor.

The question is to adjust these to each other so that they will work without rebellion.

But let me tell you, dearie, that as long as the Master looks down on the Man and accords him grudgingly only barely enough to keep him in service, there will be a labor problem. As long as the Man reflects the Master's attitude and looks down upon himself, he will look up to the Master, envy and hate him and rebel against him so far as he dare.

As long as the Mind looks down on the Body and doles it the *leavings* from its own table; as long as Mind holds itself "above" and aloof from Body, according it but scant and grudgingly given attention, so long will Body *reflect* that contempt and be at more or less open war with Mind.

The key to the "labor problem" of individual or nation lies at the *head*—with Mind the Master.

Mind must cease to look down upon body. When Mind recognizes its *interdependence* with Body it will no longer look down upon and seek to keep under, the Body. Then Mind will *take the Body into its confidence*, consult its desires and needs and *supply them equally with its own*. Mind will bless the Body and love it and *enjoy with it*.

And there will be no more war. For the Body will "catch the vibrations" of Mind and rise in its own esteem. Therefore are envy and rebellion done away with and LOVE flows freely.

I have repeated often, "ALL IS GOOD" is the Savior of the world.

Only the *recognition* of the goodness and worth of the Man by the Master; only the treating of him as the Master himself would like to be treated, will ever solve the labor problem of races.

Furthermore, the labor problem IS BEING solved in this identical way. The recognition of the race's solidarity is filling the earth, and as you realize that I am a *part* of you, you treat me as you like to be treated. To hurt me is to give yourself pain. To give me joy is to add to your own. To add to your joy, or good, or wisdom, or beauty is to augment my riches. For we are continually *catching each other's vibrations*.

Now carry this into the individual, who is an epitome of the race at large.

Body, mind, soul are ONE and interdependent.

As the Mind loves and treats the Body, so the Body learns to treat Mind. As Mind speaks the Word, so the Body manifests it. The more loving care and thought Mind invests in Body the better that Body repays him. *As Mind does so shall it be done unto him by the Body*. They are ONE and equally good, and the source of the Body's power is the Mind.

As the Body rises in Mind's esteem it rises in its own esteem, and don't you know that no being's acts are better than its self-esteem? He who esteems himself clean and good and pure acts accordingly.

Then raise your Body in your esteem, that it may act as you would have it.

To hold yourself aloof from your Body is to cut off from your Body its only source of education.

Love your Body and teach it loving service.

Love is to the Body what money is to the arteries of trade. It saves from drudgery and penury and all the hideous things of the slums.

Love comes out from the I AM, down through Mind, which *directs* it. Direct it so as to save all yourself. Pour love even into the slums of your Body that its denizens may learn to love to serve you, and may learn of you. Take them all into your confidence, dearie. It will repay you ten thousand fold, in joy and service.

## I WANT, AND I AM.

"I want so many things; or rather I want to be so many things—to be thoroughly healthy, beautiful, magnetic, cultured, a brilliant conversationalist, etc. I want lots of pretty clothes, beautiful things around me, money to gratify my ambitions. I am bewildered to know what to work at first. Am a clerk and have so little time to work at these things outside."

Don't you know the whole human race wants just those things, and don't you know that the whole human race is growing them? And all the unseen powers, the real powers, of the universe are working *with* the human race for the attainment of all that. And all the powers seen and unseen, are working for *your* attainment of them, and working just as whole-souledly, steadily and effectually as if you were the only creature in all creation. It is the working of these unseen powers in and through you that gives you the desire for such things. It is not *your* desire alone that is calling for these things—it is the whole universe calling *through* you. And all the powers of earth and heaven, yes, and hell too, will work through you to manifest them. All the powers are working through you NOW to manifest them.

You are not a separate and distinct creation rolling around loose in the world. You are a part of The Whole—a part that has its own peculiar position and uses in the economy of The Whole, and in all creation there is, never has been, and never will be, a duplicate of you. If you get misplaced in the world, or if you are not properly polished and beautified it is not you alone who suffer. The Whole *travails* in pain until you are satisfied and satisfying; until YOU *fit in* and glory in your fitness and beauty.

All the universe bestirs itself to help you fit in and be happy. All the beauty of the universe is pressing OUT through you into expression. All things that you desire are *welling up* within you, pressed upward by a ceaseless and almighty urge that CANNOT be gainsaid. Why, dearie, there is nothing you ever dreamed of, or hoped for, or longed for, even in your moments of wildest imagining, that is not actually pressing, pressing, urging, to rise through you into visibility—that is not doing its best to well up and transform you

and all your environment with its radiant, beautiful flow. Eye hath not seen nor ear heard, nor hath it yet entered into the heart of you to conceive the glories that are aching to flow through you and be free. There is more beauty, and art, and brilliance, wit and wisdom, fine raiment and *money* trying, trying to come upward and outward through YOU, dearie, than this blessed world has yet seen.

Whether you believe or not, *it is true.*

What is more, all these beautiful and desired things *are coming* through you. They are pressing out NOW, with fast increasing impetus.

IT IS TRUE, dearie, it is true.

Do you *want* to believe it? Do you want to help the universe into expression? Oh, you do.

But there are so many things, and you don't know where to begin. You don't have time for "these other things outside."

Well, *begin right where you are, with the thing you are doing NOW.* You don't have to go outside to let the beautiful things of the universe come through you. You don't have to have special times for beauty culture, or health culture, or wisdom or money growing. Did you ever see a rose tree that had special hours for growing, or a rose that needed special times for improving its complexion or its perfume? No more do you need special times and places for such things. All desirable things well up within you and are radiated, just as the rose's beauty is radiated.

One of the greatest reasons why some people and corners of earth are not beautiful now is because they continually shut themselves up and try to get along any old way whilst they do up the so-called business of life. They promise themselves the ease and leisure to be beautiful and enjoy it away off some time in the future. Or, maybe, they just put it off until six o'clock, when the store closes. They try to live all day on business with a promise of what little beauty and leisure they can manage to crowd in after hours. The result is that when six o'clock comes they are literally starved—"too tired to move"—and must take that precious time that they meant to make beautiful, for resting. That is, they must needs lie down and *let the unseen beauties* rest them.

Beauty is harmony. Harmony may be seen, felt, tasted, smelt or heard. It may effect us through one or all the senses, either consciously or unconsciously. At night we sleep and the fine harmonies of the universe play through us and bring us into tune again. All unconsciously to us. Or, we may listen to exquisite music and so come consciously into harmony again. Or we see a beautiful quiet place and *let ourselves "catch" the harmony there expressed.*

In either of these cases, or any other that we might think of, we simply *quit straining*—we quit *promising* ourselves beauty, harmony, at some other time. We LET GO and *enjoy* the harmony that IS NOW. We "vibrate with" the things that are and forget that tired feeling.

That tired feeling comes from *living on promises.* You see, promises point to something just out of reach and to save your life you can't help straining out after those promised good things. Your *energy* flows right out in the direction of the promised good things.

There are good things ahead—better things than any yet beheld. But, dearie, if you keep watching them they will ever *keep ahead.* Your *thought* FIXES them in the future and keeps them moving, just as every "to-morrow" is kept moving. I wish I could make you feel, as I feel, how *plastic* is the world and all that is therein, *including time and space.*

It is LITERALLY true that you are what you think, and WHEN you think it. There is really no future, *only as you think it.* Some people are literally almost *made up* of the future—they live so eternally on promises. Then there are so many poor, down-hearted back-number folks who are in the same way nearly wholly composed of *the past.* Rarely do we meet one who is built of THE PRESENT. When we do meet such an one we see a radiant individual.

The knowledge that saves is the certainty that all that is, was, or ever will be, IS NOW.

When one knows *that,* he *lets go* and vibrates with the All-Love-Life NOW. He is an epitome of the universal harmonies. His life is not only a song but an exquisite blending of accompaniment beside. For him, and through him, the morning stars sing together NOW, heaven joys with him, and hell he has forgotten.

So it is not "time for these other things outside" that you need, dearie, but TIME NOW to *be* what you have been promising yourself. What you need is to haul taut on the life line and get those beautiful things right down into the NOW. Your visible self is a "statement of beliefs." Quit stating ANYTHING in the future tense. Say "I AM beauty, joy, everything I want—I AM! I AM!" Stick to it until you have made yourself *accept* the statement. That statement alone, lived on morning, noon and night, not to mention between-times, will work in you the mightiest revolution your world has ever seen. That statement LIVED ON will make a new creature of you—will move you to new ideas and activities—will open up the way for ALL those unseen beauties you so ardently desire to *literally come into* the NOW. This is no frill on the garment of Truth—it IS Truth itself. You prove Truth as you do the pudding. LIVE ON beauty NOW and you will prove that all beauty IS now—that you ARE what you desire to be. You will find all you desire unfolding to your gaze, to ALL your senses.

Remember that what you desire is NOT *coming to you,* now or ever. It comes *through* you, from the unseen into the seen world. Whilst you are in the shop waiting upon a customer, the things you desire are *forming within you.* You cannot see the beauty you desire but you can *feel* it if you are mindful of it, if you look for it—you can feel it as a still, warm calmness at the center of you. *And your customer can see it shining in your face and feel its thrill in your quiet, whole-hearted attention.* It will mayhap quiet the turbulent waters of her soul. And it will surely help your soul into expression of the beauties you crave. Be still, dearie, and let the unseen harmonies be seen through you.

Every action that ever was made is really a vehicle for the letting of harmony from the unseen into the visible. The true art of living is only the art of *letting*—the art of being still.

Be still and know the I AM God within you.

Be still and *let* what you are into *this* act NOW.

Rejoice in what you ARE, as well as in what you have.

Dearie, this is an accurate description of each and every step of the way from behind that counter to *any place you may determine upon.*

Go in to WIN. Keep cool and sweet and BE NOW what you desire.

### OUT OF HIS SHELL.

George D. Herron, the noted socialist, has been sued for divorce, which was granted upon payment of some \$60,000 to the former wife. Dr. Herron himself presumably has no money, but he is reported "engaged" to a young lady worth \$1,000,000, who was named as "co-respondent" in Mrs. Herron's suit. Dr. Herron is to be congratulated upon having gained his freedom and the right to a congenial marriage if he chooses it. I glory in the independence of him and the Miss Rand with a million, and if she furnished the \$60,000, as surmised by the public at large—the money which made it possible for an honorable man like Dr. Herron to withdraw from an uncongenial union, then I take off my hat to her as a generous and loving woman.

As for the former wife, if she be one kind of a woman she will pose before the world as the "injured" one, whose husband "deserted" her and her "helpless babes;" but deep in her heart of hearts she *knows* she *prefers* the \$60,000 and her own freedom to union with a man between whom and herself was no *real* love and sympathy.

And the children are to be congratulated upon having emerged from the family jar where two hearts did *not* beat as one.

But the Rev. Newell Dwight Hillis don't think so. Some eminent men got up a banquet at

which Dr. Herron was to be one of the principal speakers and Dr. Hillis was invited to be present. He declined, and the form of his refusal is the most sentimental, shallow twaddle and theatrical gush I've read since the days when my heart beat in agitato with Mary J. Holmes' latest novel. Dr. Hillis waxes eloquent against others who do what he does not himself happen to want to do.

But the world *moves* and man is bursting his shell, and the Rev. Hillis is wasting his rhetorical pyrotechnics on a lost cause.

Meantime the chefs bestirred themselves, the getters-up of the banquet refused to release Dr. Herron from his promise to be present and the banquet came off as per schedule.

Dr. Hillis and a few other men, who would like to govern without the consent of the governed, put their heads together and served up Dr. Herron in the same sort of excommunication fricassee that the Greek Church used for Tolstoi and the Jews for Jesus of Nazareth. The church is never satisfied until its brains are served up in some sort of an omelette or stew.

Well, it serves the brains right. They will persist in staying where they are not wanted, instead of obeying the spirit in themselves, which says, "Come ye out and be ye *separate.*" The church is the old hen that pecks and scratches out the chick that don't know enough to peck and scratch its own way out into freedom.

Only the Indi-vidual has power to transform the world, and a man is not an indi-vidual as long as he hangs onto the coat tails of some institution. The church or any other institution is the bowl which keeps the "mush of concession" from spreading all over the table cloth. The institution is a blessing and fills a real want—as long as we have mush.

But Dr. Herron and Tolstoi and Jesus et. al. have come to life in *themselves* and must be about their "Father's business." Blessings on the Church for assisting them to freedom.

P. S.—*Later.*—It seems Mrs. Herron is not the kind of woman that poses. When she heard what the Rev. Hillis had to say about Dr. Herron she said she appreciated his good intentions but considered his effusion "silly." So the papers say.

—"Before I submit my soft-boned soul to your moulding—"

Before I accept your "soft-boned soul" to mould, you will hear Gabriel toot. I AM not in the soul-moulding business, thank you. I don't even mould my own soul. I *grow,* by assimilating *what I like.* If your bones are soft I might recommend a teaspoonful of lime water before you take your pap. Swallow less soft soap and sentimental gush and exercise *your own* backbone, legs and common sense. Don't fret about the mould of your soul. Your soul is all right—only needs exercise and good vegetarian diet—and no breakfast!

—"Idiosyncrasies" is true to lots of human nature. It is "a book filled with mirrors," by Esther A. Macallum, Lansing, Mich., and sells for 15 cents.

—"The Right of the Child to be Well Born" is a ten-cent pamphlet by Rev. Mabel McCoy Irwin. Good. May be had of National Purity Association, 96 Fifth avenue, Chicago.

—If you want me to acknowledge receipt of *sums less than \$1* send self-addressed postal card or stamped envelope.

—"Realization" is the name of a beautiful bi-monthly published by Joseph Stewart, LL. M., 1540 Howard avenue, N. W., Washington; price 25 cents per copy, \$1.50 a year; profound analyses, well written and most beautifully got up.

—Here is a twelve-year-old reader of NAUTILUS named Faith, and she wants to know "what thought she shall take to get rid of fleas." I heard of a man who asked a doctor what he should take to cure rheumatism. "Now I'll tell you," said the medico, "you go and find something that will cure it and then come and tell me, and we'll be millionaires right away." Faith is just the one to send after the right Word to exterminate fleas. *She can find it.*

## INDIVIDUALISMS.

By WILLIAM E. TOWNE.

**FAITH.** "Faith is the substance of things hoped for, the evidence of things not seen." Faith is usually classed, by material minded people, with creations of the imagination, and not supposed to have any scientific ground to stand upon. Now I affirm that faith and the power of imagination are potential forces of unlimited extent. Dr. Charles Hidden in a lecture on Hypnotism once said: "Remember that when you are dealing with the imagination you are dealing with one of the mightiest forces of which the human mind has any knowledge."

Faith depends upon intuition for its existence, to a great extent, and intuition, like all the other faculties of the mind, is governed in its development and manifestation by the will. If you trust your intuition and learn to follow its promptings and depend upon it, it will lead you in the way of truth. If you refuse to acknowledge its existence and to cultivate its activity, it will lie dormant like any other unused mental or physical faculty. All that man has done to better his condition since first the world was spoken into manifestation has come about through the exercise of faith and intuition. Columbus had faith that a continent existed beyond the boundary line of the known world of his day. By the eye of intuition he saw that the world was round instead of flat and he had the courage to follow the promptings of his intuition, and the result was the opening up of a new world. Professor Morse had faith that he could construct an instrument which would bridge space and accomplish what had never been accomplished before in the way of communication. He followed the leading of his faith, intuition and imagination and gave to the world the modern telegraph. Thus we may see how important a part simple faith plays in the common, everyday affairs of life.

Faith which is not carried into the world of use, which is not harnessed and made practical is of very little value. A man may be full of ambition, faith and courage, and yet if he lacks the ability to make these of practical use in his everyday life, and will not cultivate this ability he is bound to fail. The faith which finds an outlet in building air castles of the imagination will not save one from poverty and failure. It is too attenuated for use. The same is true, to a less extent, of the kind of faith manifested in a religious and political orthodoxy. Adherence to certain boundary lines restricts growth. Yet this kind of faith is needed at the present time to counterbalance the visionary faith of the impractical reformer and sentimentalist.

We need more faith in everything. We need more of the *spirit* manifested in the substance of life. Even a blind faith often promotes happiness. Faith in Buddha, Mohammed and Jesus has helped to uplift the world and bring to many a knowledge of happiness. But the highest faith of all is that which looks beyond all forms to the PRINCIPLE of Life, and realizes the immanence of the Life Principal in all things. This is the real basis of the faith of all religions. It is the faith of the man who believes in a personal God, as well as the agnostic who goes to sleep at night in the faith that he will wake on the morrow; it is the faith of the plant which turns its leaves to the sun; it is the faith of the inventor, the discoverer, the originator in any line. It is the faith which alone puts a man in the right relation with himself and with the universe.

**A NEW MAGAZINE.** Volume I., No. 1 of the "NEW YORK MAGAZINE OF MYSTERIES" is before me. It is a large 32-page journal, printed on fine super-calendered book paper and fully illustrated. It is filled to the brim with interesting articles along the line of occultism and the new thought. It also contains special departments devoted to astrology, graphology, dreams, etc. Send 10 cents for a sample copy to Thompson & Co., 223 William street, New York City.

"THE MAGAZINE OF MYSTERIES" is edited by my old friend, Frank Harrison. Some ten years ago when I was a kid of 15 or 16, Mr. Harrison published some of my articles, and was about the first editor who did so. The initial issue of his new journal contains a brief extract from NAUTILUS.

**SPIRIT AND MATTER.** Those metaphysicians who belong to the inner circle of selectness claim that, since "all is mind," there is no use in taking thought regarding the body, physical exercise, breathing, etc. In other words, these good people believe, judging from what they say, that one may overcome the effects of lack of physical exercise or bodily deadness in any form by simple use of mental power. Now I am not at all inclined to doubt that this can be done, nevertheless I do not believe it is the shortest and best way to accomplish the desired result. There are certain well defined natural laws which govern the operations of the physical body, and he who desires to have perfect health with the least possible expenditure of time and energy,

will set his will and desire to work in harmony with those laws instead of against them. There is no sense, so far as I can see, in trying to make water run up hill, when it is just as easy to let it run down, or in trying to perform any other similar miraculous feats in the realm of metaphysics. "All is mind," it is true, but mind can only manifest and express itself through the other pole of being, which is matter. It is no more scientific to ignore the natural laws which are manifest in matter than it is to ignore the laws of mind. Man is master of his environment by virtue of his knowledge of the fact that "all is mind," and the shortest way for him to manifest this mastery is by so regulating his physical being as to render it most easily susceptible to mental control. In the case of a fractured limb for instance, no one but a fanatic on the subject of metaphysical healing would advocate treating the limb by mental science and not having it adjusted by a competent surgeon. The one who *lives* mental science will not be apt to have any broken limbs, it is true, but this case is merely cited as an illustration. The shortest cut to a sound limb would obviously be to have it set by a surgeon who knew his business, and then, having made the physical conditions as favorable as possible, employ the mental science to prevent pain and induce a speedy recovery. This is the method of procedure advocated in such cases by even so strict a metaphysician as Mary B. Eddy.

The same principle applies in regard to all physical exercises for health. It is a far more direct method to stir up the sluggish digestion of a sedentary person by a reasonable amount of outdoor exercise in connection with right thinking than it is to continue violating a physical law and then attempt to right things by mental science alone. Understand I am not setting any limits to the possibilities of mental healing. I believe it is simply unlimited in its scope. It is only certain methods which I question. I am seeking to find the most direct, quickest and surest methods only. Then there are breathing exercises. Is there any reason why a person should refuse to take full deep breaths after sitting stooped over a desk all day, rather than attempt to fill his lungs with oxygen by mental methods only? Some say there is a reaction from forced breathing, which is true in some cases, but a reasonable amount of exercise in this direction under the control of the will proves conducive to good results only, in every instance. The question to be decided by each individual who contemplates taking physical exercise for any disease is, "Will this exercise add more to my stock of vitality in a shorter time than I could gain through a corresponding outlay of mental energy and force in treating myself for the same result by purely mental methods?" I am sure that all who make a thorough personal test of the matter will agree that it pays to give attention to the physical side of life. We must do as well as be. Whenever any organ of the body ceases to be used nature withdraws the life from that organ. Physical exercise simply regulates the use of the bodily organs so that this life force will be retained. When the stomach is overloaded year in and year out with food, instead of continuing the "stuffing" (as Eleanor Kirk terms it) the person who believes in combining common sense and mental science will seek to adjust the food supply as well as to give himself the proper mental suggestions adapted to his case. The person who makes use of these direct roads to health is in no sense compromising with truth. As I said before it is simply a choice of methods. Physical exercise in such cases as I have referred to is wholly scientific. It is mental science put into practice. ALL METHODS ARE MENTAL METHODS.

**FORGIVE ALL.** If you want health, happiness and success, see that you hold no grudge against any one, nor anything. Forgive every one, yourself first of all, for all that seems to go wrong. Envy no one, for envy blights your own chances of success. You cannot envy another and attend to your own business properly at the same time. Envy, resistance, the desire for revenge will stand between you and the Principle of Being from which your power is derived. "Agree with thine adversary" is good advice and thoroughly scientific and practical.

—I feel lifted to the seventh heaven this month, over the glowing letters that are pouring in upon me from members of the Success Circle. Really I could fill a book with such letters—a book that would make your eyes bug. As nearly as I can estimate from these letters there are not 2 per cent of those who have come into touch with me through the Success Circle, who are not downright enthusiastic over the help it has been to them. I was really inspired when I thought of this plan for treating people at little cost to them and fair remuneration to myself—I knew I was inspired when the idea came to me a little over a year ago. But even my faith failed to see such an immense success as it is coming to be. I glory

in it more and more, and these letters of pure thankfulness give me the greatest joy. I do LOVE to help folks to success. Debt and poverty is the biggest, orneriest devil that ever spurred folks to self expression. I glory in annihilating him for myself, and it tickles me 'most to death—no, life!—to have so many other people catch my vibrations. Here are a few things that I have clipped from these letters: "I am going to stay in your Success Circle \* \* never had so much spunk and ambition and determination-to-get-there in my life."—"The I AM has put me in a fine position here in the most unexpected and remarkable way, and it is only one of a series of proofs of the power of simply knowing that what you desire will come. As I am in your Success Circle I thought you might be interested."—"My sister for whom I sent the dollar last week reports that her business began to pick up immediately."—"My position has very much improved since joining your Success Circle, which I did last September. Last week a new position with 20 per cent more salary seemed to drop right out of the clouds as it were, for me, and I am still wondering how I came to get it." And so on, ad infinitum. But this is enough for a taste and to prove my right to glory in the Success Circle.

—Here is a big little book called "The Magic Seven" by Lida A. Churchill. Here is her preface: "I should have made it shorter if I had had time," was the reply of a noted clergyman when a listener complained that his sermon was too short. The author has spent much time in making "The Magic Seven" so short that it can not only be carried in the pocket, but its contents can be carried in the memory and heart. It aims to eliminate all that would entangle the thought or confuse the mind, and to make plain a course by which mental powers may be utilized in all the affairs of life." This book is really valuable and contains the gist of all that is written upon both theory and practice of mental science. It is a book to live by every blessed day.

—"The Dawn of Death" is a peculiar and interesting book by a peculiar and interesting "biune being" called "Adiramled," who lives in Wyoming, Ohio, from whence she issues a peculiar and interesting journal called "Adiramled." At least her book and journal interest me. The book quotes the Bible a lot, not as authority but by way of illustration, and it teaches eternal life in the flesh and the means of attainment. Her principle is the same as Harry Gaze's and Wilman's and mine, but her method of presenting the subject is her own, and it is clever, and would open some folks' eyes wider than ever. "Dawn of Death" is paper-bound and sells for 50 cents.

—Rub up your specs and read P's and Q's on page 4. All my terms are plainly stated therein. They are easy as an old shoe and plain as Napoleon's Roman nose. Mind 'em, instead of trying to crawl around 'em or out of 'em. A lot of folks waste more energy trying to crawl around paying half a dollar than it takes to earn two dollars. Stand up like a little man and pay what's asked. It is that ornery, little, squeeze-the-eagle spirit that makes the dollars shun your pocket. Dollars are like any other folk—they hate stingy people and don't like to be hung on to. I can afford to do without your dollars but you can't afford to cultivate the pauper spirit.

—DON'T expect me to tell you whether you ought to leave your husband or wife, and marry somebody else. I don't know. Get rid of your fears and petty conventionalities—get clear above man-made laws—and do the loving thing. Follow desire. But don't fly off at a tangent before you have proved desire. TIME proves all things. Wishes and infatuations soon evaporate but real desire finds the way to fill its need without robbing others. Be still and know that YOUR OWN couldn't miss you if it tried. You will get what you really desire. But get it yourself. Be an independent individual. Don't try to use my backbone instead of your own.

—Be proud of yourself and your acts, whatever they may be. Wake up and enjoy what you do!

## The Success Circle.

### Treatment for Business Success Only.

*Daily I speak for each member of this Circle the Word of success. Any man or woman is eligible for membership who is engaged in business, or desires to be. Any woman who is a helpmeet to husband or son is partner in business and may join the Success Circle, either with or without the other's knowledge, and receive its benefits for both. One year's treatment and "The Nautilus" for a year for one dollar. For obtaining quickest and best results read daily, night and morning, the monthly letter to the Success Circle, printed herewith. No special hour for receiving the WORD is necessary. It is with each member and works night and day, feeling or no feeling, until it manifests that for which it is spoken.*

Your realization of Success is growing. Oh, yes, IT IS. You have ups and downs and when you look down you feel down and it seems to you that success is not growing. All because you look down instead of UP. Do you know that if you had \$1,000,000 a year, like Mr. Schwab of the steel trust, if you kept looking at it and comparing it with what you might have had, or what somebody else has, you'd feel as poor and unsuccessful as you possibly could under these conditions? And if you owned the earth you'd compare it with Jupiter and grumble because you couldn't annex that. You see that is because you let yourself drop back into the old-fashioned habit of thinking success consists in things. Success consists in ability to ENJOY YOURSELF in the process of evolving things. Mr. Schwab enjoys his ability to create things, and the \$1,000,000 is simply the result, the proof of his success. The joy of doing is the real success. Plenty of money flows to the joyful doer who believes that justice rules—that his own comes to him. Mr. Schwab says he used to work over hours and out of shop, anywhere he saw something to be done, whether there was to be extra pay or not. But he says that all the time he KNEW that somehow, somewhere, from somebody, he would draw good pay for EVERY MINUTE'S WORK PUT IN. Now, dearie, that is the secret of success in less than a nut-shell. Put in your best licks with joy NOW and glory in the what is coming. Set your stake as high as you dare and KNOW that it is yours. But remember this: Mr. Schwab was success from the first. He enjoyed every bit of the work it took to fit him for his present position. And it is not the \$1,000,000 which is now his success, but his joy in doing and in KNOWING that all he does will be well paid for. Success is WITHIN and wells outward into acts. Remember. REMEMBER. And keep remembering. ACT as if it is true. Keep sweet and keep cheerily working out your ideals. I AM with you for success NOW. You ARE all you desire to be—work it out.

—"Circumstances? I make circumstances."—Napoleon.

—"Don't be a tintype of someone else."—Emerson.

—"We never get too old to do what we want to do."

—"William and I are enjoying the lovely weather and two new Hartford bicycles."

—"You 'get to the bottom' of science by using it in little things. He that doeth shall understand."

—"I am still trying to get understanding."

—"When you go to work to use what you've got you will make better progress."

—"Your Solar Plexus book has had the most wonderful effect upon an old woman, who has blossomed into life through it."

—"Your Word for my success has been wonderful. I do thank you sincerely. Please find enclosed dollar for renewal."—LOIS.

—"Can it be that it is my duty to go without in this life?"

—"If you think so then it is your duty. You are FREE to think as you please, and you make your own decrees."

—"I am in receipt of a book collection of beautiful photos of scenes in Mexico. They were taken and mounted by my friend Maglyn Dupree of Aguascalientes, Mexico, who will furnish you with one like mine for \$1.10."

—"The 'Boston Ideas' is one of my oldest exchanges. It is a bright, clean, eight-page weekly that keeps us posted on dramatic and literary events. Send for a sample copy to 61 Essex street, Boston. I was charmed with Miss Pillsbury's treatment of Dr. Herron's case in a recent issue."

—"Laura Smith Wood, author of that beautiful poem, 'Victory,' and other things, has joined the procession and started a paper—'Love on Earth,' monthly, 50 cents a year. Her address is 121 Anderson street, San Francisco. Send for a sample copy. This issue contains some fine, free thoughts."

—Eugene Del Mar has published six numbers of his dainty little "Mental Science," and now he has issued the six in a pretty gray and white binding, worthy of any library. Eugene Del Mar's writings are worth preserving and re-reading many times. His address is 27 William street, New York.

—"I want to say, that is splendid advice you are giving us members of the Success Circle, to do better work, do our best work, instead of grumbling and complaining—it's magnificent!—when we look back at ourselves and see how we look it is awful. Dumps, grumbling, complaining—well, I have tried to get a move on myself and I hope for good results."

—"Why, of course there is such a thing as 'trying too hard to help one's self.' There must be about ninety-five parts of self-TRUST to every five parts of effort. What you can't do to-day you can to-morrow or next day. Keep sweet and await opportunity, or at least await the opportunity to make opportunity. If you desire it it is coming. Keep cool and ready to use it."

—"Your face is just what one would expect from your writings; which, of course, are also a portraiture of your personality—expressive of Goodwill, Determination, Independence, Sincerity, the things which make up real beauty."

Fred Burry wrote that after seeing the new picture of me. It is the highest of compliments because it emphasizes the universal rather than the finite personal. Any man or woman, no matter what the features, may be beautiful in the same way. I like to know and feel that I am not a monopolist.

### P's AND Q's TO BE MINDED.

—"The Nautilus, monthly, 50 cents a year. A postal card will bring it and you may pay the 50 cents at your convenience. If, after a fair trial, you do not like it, a postal card will stop it."

—"A year in the Success Circle, including one year's subscription to the Nautilus, one dollar. None but paying subscribers to the paper are admitted to the Success Circle, except where two or more members of a family living in one house want to join. In which case each additional member may join by paying 50c. for enrollment."

—"I speak the WORD for health, happiness and success and I charge nothing for doing it. You may come to me in the silence and receive what you will and welcome. But my time is money. If you want me to read your letters or answer them you must pay for my time, stationery and postage stamps. See that your letter contains at least one dollar and it will be promptly attended to. If it is the FIRST dollar you have sent me for this purpose it will pay for the answering of your letter and for one year's subscription to the Nautilus. After that each monthly report must be accompanied by at least one dollar."

—"If you want to subscribe for Nautilus a year; have special treatment for a month, with a letter; and join the Success Circle, all at once, send \$1.50."

—"You will save me, and perhaps yourself, a lot of trouble if you will state whether you are renewing subscription, and how many copies of The Nautilus you have had, if any."

—"If you want me to acknowledge receipt of sums less than one dollar send self-addressed and stamped card or envelope."

—"Give FULL name and FULLEST address IN EVERY LETTER."

—"Do I publish books? For 50 cents I will send you a copy of 'The Constitution of Man.' In this book of fifteen lessons I have made the origin, constitution and destiny of man so plain a child may understand and a wise man gain more wisdom."

—"I have just published a new book for 25 cents—'Just How to Wake the Solar Plexus.' This gives original, clear, concise and most practical directions for developing Self, controlling the emotions and thoughts, and directing the energies for the healing of body, environment and purse; for yourself and others. Order of ELIZABETH TOWNE, Holyoke, Mass."

—"MR. G. OSBOND, Scientist House, Devonport, Devon, England, is agent for The Nautilus and my books."

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